



**PHYSICAL DEVELOPMENT:** is all about children being guided to develop coordination, team work, independence, confidence, fine motor skills, gross motor skills, coordination, agility, balance, body awareness, spatial awareness, manipulation and healthy living.

Area of Learning Development	KG1 The children will be able to:	Learning Outcome
<b>Moving and handling</b>	<ul style="list-style-type: none"><li>★ Move freely and with pleasure and confidence.</li><li>★ Experiment in arrange of ways like slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li><li>★ Mount stairs, steps or climbing equipment using alternate feet.</li><li>★ Walk downstairs, two feet to each step while carrying a small object.</li><li>★ Run skillfully and negotiate space successfully.</li><li>★ Adjust speed or direction to avoid obstacles.</li><li>★ Stand momentarily on one foot when shown.</li><li>★ Can catch a large ball.</li><li>★ Draw lines and circles using gross motor movements.</li><li>★ Use one-handed tools and equipment eg make snips in paper with child scissors.</li><li>★ Hold pencil between thumb and two</li></ul>	<ul style="list-style-type: none"><li>★ Demonstrate eye and hand coordination</li><li>★ Coordinate eye and hand movement.</li><li>★ Use a range of small and large range of manipulatives safely and with increasing control</li> <li>★ Hold writing tools and draws recognizable figures and meaningful drawings.</li><li>★ Move in different ways with confidence, negotiating space, adjusting speed/direction to avoid obstacles</li> <li>★ Fold papers to make some clear significant shapes</li></ul>



	<p>fingers, no longer using whole –hand grasp.</p> <ul style="list-style-type: none"><li>★ Hold pencil near point between first two fingers and thumb and use it with good control.</li><li>★ Copy some letters eg letters from their name.</li></ul>	
<b>Health and care</b>	<ul style="list-style-type: none"><li>★ Tell adults when hungry or tired or when they want to rest and play.</li><li>★ Observe the effect of activity on their bodies.</li><li>★ Understand that equipment and tools have to be used safely.</li><li>★ Gain more bowel and bladder control.</li><li>★ Attend toileting needs most of the times themselves.</li><li>★ Usually manage washing and drying hands.</li><li>★ Dress with help eg put arms into open-fronted coat or shirt when held up, pull up own trousers and pull zipper once it is fastened at the bottom.</li></ul>	<ul style="list-style-type: none"><li>★ Manage their own basic hygiene and personal needs successfully</li><li>★ Recognize the importance of keeping healthy and those things which contribute to this.</li><li>★ Importance for good health and physical exercise and a healthy diet.</li><li>★ Talk about ways to keep healthy and safe.</li></ul>